



[elft.nhs.uk/era](http://elft.nhs.uk/era)

[@study\\_era](https://twitter.com/study_era)

# June 2020



Total recruitment:

**176 participants**

## ERA study update

The ERA trial is still on hold for the time being due to the Coronavirus pandemic, meaning we have paused recruitment and the therapy groups. We are keeping in touch with our participants regularly to keep them updated and thank them for being incredibly understanding during this time. If you have any concerns or queries please do not hesitate to get in touch with the ERA Chief Investigator, Dr Catherine Carr at [catherine.carr6@nhs.net](mailto:catherine.carr6@nhs.net) or ERA Trial Manager, Leoni at [leoni.koutsou@nhs.net](mailto:leoni.koutsou@nhs.net).

## Whilst the study is on hold, have a look at some wider creative initiatives that can be accessed from home...

- The BBC arts website has a huge range of videos with the aim of bringing arts and culture into your home. Highlights include a nationwide virtual orchestra performance, tours of the Tate modern and the British museum, and even a live life drawing class. Scroll through what they have to offer [here](#).
- Have a go at painting in watercolour and follow a tutorial on YouTube aimed to help relaxation through art [here](#).
- If you are a fan of Jazz check out The DC Jazz Fest From Home Series, a weekly event occurring every Saturday at 7 PM on the DCJF YouTube Channel that features unseen footage of performances from the past as well as live-streamed shows. See the event page [here](#).
- Follow the ERA project on twitter [@study\\_era](https://twitter.com/study_era) where we will be posting more activities.

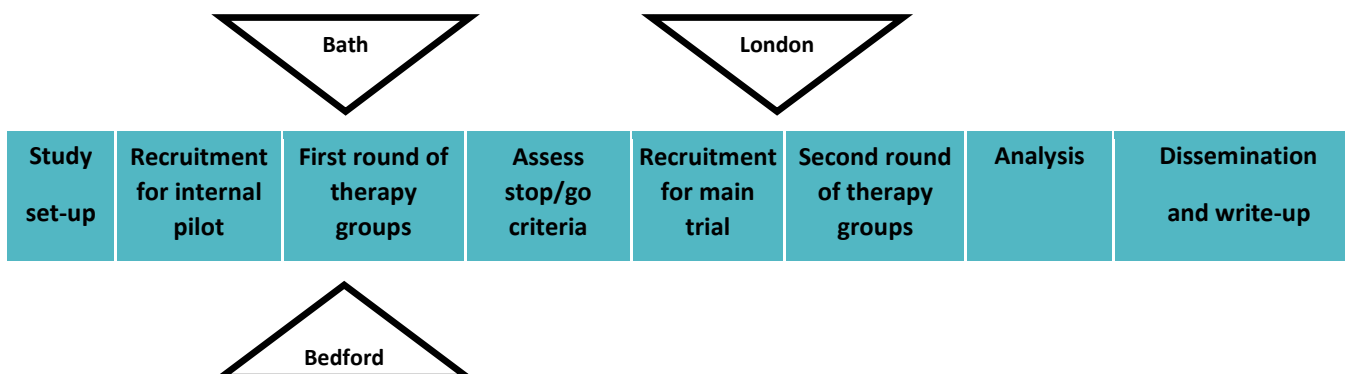
## A message from Mind in Tower Hamlets and Newham (MITHN)

We were recently delighted to hear from Joanna, Operations Director at Mind who hosted the first round of ERA therapy groups last autumn.

*"Mind in Tower Hamlets and Newham (MITHN) were delighted to be the host community space for the ERA project. We have a strong relationship with the Trust and we know the value and benefits of art, music and movement therapies for people using mental health services. The ERA team became a part of MITHN by the end of the groups and we developed strong relationships with the therapists and project leads. We also had a number of people who accessed the ERA trial, register for support, groups and activities through our Connecting Communities service. We look forward to reading the evaluation report and continuing our relationship with the Trust in the future."*

A massive thank you from all of the ERA team to Mind for being a fantastic organisation to work with and for such kind and warm words.

## ERA project timeline



Please circulate this newsletter with your team or anyone who may be interested in hearing about ERA. If there are any items you would like to see included in the newsletter please contact [emma.medlicott1@nhs.net](mailto:emma.medlicott1@nhs.net).